

Effectiveness Psychoeducation Parenting Support for Stress Mother of Childern with Autism Spectrum Disorder: A Systematic Review

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Abstract: Autism spectrum disorder is a neurodevelopment disorder that affects children in communication, social interaction and behavior, most autistic children have unpredictable behaviors, this is what makes parents experience stress, parents who have children with autism have a higher level of stress in comparison with the parents in general, the highest level of stress generally occurs in the mother compared to the father, the level of stress on the mother affects the pattern of care in children, so if the mother stress in giving the pattern of care in children with autism it can give adverse effects on children of the provision of psychoeducation parenting support greatly affect the pattern of mother's parenting with children with autism spectrum disorder, and effective in reducing stress in the mother. Methods of the study were systematic review of psychoeducation parenting support for mother of childern ASD with study selection criteria using Scopus, Science Direct, and Pubmed databases by Randomized Control Trial (RCT). The result of the 20 journals conducted and reviewed, psychoeducation parenting support may decrease stress mother. In addition, psychoeducation parenting support can change parenting mother and reduce stress for mother. The conclusion is psychoeducation parenting support can decrease stress for mother.

1 INTRODUCTION

Autism Spectrum Disorder is neurodevelopmental disorder that affects child's ability to communicate, social interaction, and behavior (Hemdi and Daley, 2017) Some studies show that parents with children with autism experience high levels of stress after being diagnosed in their child

Levels of stress on different fathers and mothers who have different autistic children (Hill-chapman, Herzog and Maduro, 2013) Stress in the father when caring for children with autism spectrum disorder caused by child cognitive problems, whereas in mothers in children and sensory executive dysfunction may provide stressful effects on the mother, stress levels mother are much higher than in fathers, this is what triggers parents lack of expertise in understanding children with autism (García-lópez, Sarriá and Pozo, 2016)

The degree of stress in the elderly is influenced by the lack of parental abilities in provide care for children with autism. The real early difficulties are parents, especially mothers (Craig *et al.*, 2016)

sometimes moms are difficult to understand autistic children and do not understand what they should do to their children. Mothers often try to help their children but tend to always have difficulties in the implementation. One of the factors that inhibit the development of autistic children is the parents' uncertainty about the child's future. Several studies have shown that effective early intervention can make a tremendous difference to the development of autistic children (Rayan and Ahmad, 2016) lack of attention from parents with children with autism is an additional problem that accompanies autistic children such as sensory disorders, specific language disorders, impaired coordination of motory, emotional, and behavior (Stuttard *et al.*, 2014) This complex developmental disorder not only affects parents but also affect how parents should interact with autisti children.

Parenting patterns of parent are very influential in children, especially in children with disorders such as autism spectrum disorder (Boyd *et al.*, 2017) The parenting pattern involves the mother and father, in general, parents who have children with

autism spectrum disorder experienced stress disorder, mother's stress level is higher than the father (Iadarola *et al.*, 2017)

This suggests that high-stress moms need strategies to manage their own stress levels, additional stress that may arise from behavioral problems in their child as well as strategies for dealing with behavioral problems in children that may manifest themselves as stressful (Hemdi and Daley, 2017) Stress in mothers with children with autism spectrum disorder should be given special intervention, so as not to become a mental health disorder (C. *et al.*, 2015)

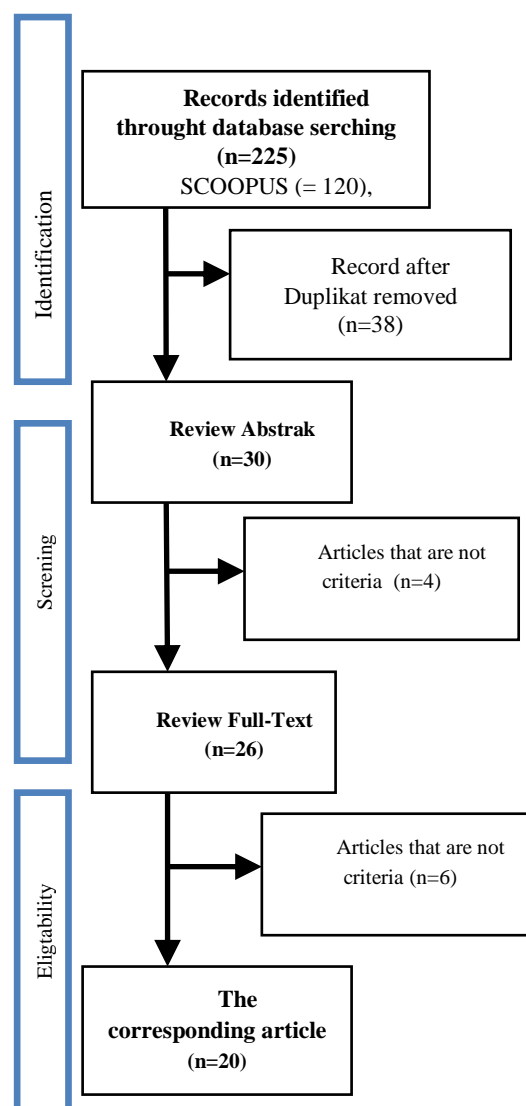
Therefore mothers should receive guidance and assistance on how they should provide good parenting in children with autism spectrum disorder, so that mothers and children are able to interact and communicate effectively (Yu *et al.*, 2016)

The alternative to reducing stress mather is psychoeducation for mothers, some psychoeducation studies has been shown to reduce family stress and improve outcomes in some populations (DaWalt, Greenberg and Mailick, 2018) In addition, psychoeducation is an important component in the treatment of children after diagnosis of ASD, psychoeducation can also be given to children, since psychoeducation has been shown to improve outcomes for children with neurodevelopmental non-ASD (Gordon *et al.*, 2015) the problem of stress mother with child autism spectrum disorder this researcher give simple solution in the form of giving parenting program on parents. Research on handling to reduce stress in the mother in giving parenting in children with autism spectrm disorder(DaWalt, Greenberg and Mailick, 2018). Some studies have also mentioned various attempts have been made to provide parenting methods to parents with children with autism, such as interventions give full attention to children by providing a positive coping in the elderly with children with autism, in addition there are also parenting support programs in parents with children with autism spectrum disorder

2 METHOD

2.1 Data Source and Search

The search strategy of the journal begins by asking the research question psychoeducation and support parenting. We used search in the preparation of systematic review begins with topic selection, then



keyword is specified. The keyword used is *Parenting*, AND *Parent Stress* AND *Autism spectrum disorder*. Journal search in the SCOPUS database and Sience Direct restrictions on the results of the journal conducted are published journal year published from 2008-2017, conducted the last 10 years in journal search, in the journal *Nursing*, *Psychologi*, *Disabilitas*, *Child*, and *Psychiatri*. The search using the above keywords with the restrictions used obtained 225 related journals, The author conducted an online reference search on SCOOPUS and Science Direct with Parenting Keywords, Parent Stress and Autism Spectrum Disorder obtained 225 articles (120 from SCOOPUS and 105 from Science Direct). A total of 38 duplication articles were found, 30 screened articles. After screening with abstract review, 26 articles

were obtained. Then a review of the content of the entire article and the entry criteria are as many as 20 articles. Then do the selection on the journal and decided 20 journals accordingly. 17 journals were reviewed using a research design *Randomized control trials* and 3 studies use *case studi* and 20 studies are quantitative studies

2.2 Study Characteristics

The feasibility of the study was assessed using the PICOT approach. Population: parent research population, families with children with autism spectrum disorder. Intervention:

1. Intervention Multiple component parenting program for parents who have children with autism spectrum disorder, including the combination of two or more elements is usually considered part of the parenting program (Stress, Ansietas, Behavior, Cognitif , Autism Spectrum Disorder)
2. Psychoeducation Support Parenting (Stress, Ansietas, Behavior, Cognitif, Autism Spectrum Disorder)

Comparisson: participants were randomized to at least one control group with non-intervention conditions, such as the control wait list group

Output: pre- and post-intervention data for both intervention and control for one or more parenting-related outcomes, including the main outcome of the Parenting Stress Index (PSI), Parenting sense of efficacy, the ECBI-IS Intensity Scale (IS) and the ECBI-Problem Scale " (PS), Parenting Sense of Competence Scale (PSOC) and Aparenting efficacy subscale (PSOC-Efficacy) for.

Study design: Randomized control trials (RCTs).

3 RESULT

3.1 Study Results and Selection Selection

The results obtained from the database Scopus, PubMed, Sage Journals, Springer Link, and Science Direct. The results obtained 225 results of the journal. All the journals that have been obtained are then screened according to the area of Medicine, Nursing, Disabilitas Child, and Psychology. Of the StudyThe total number of participants in the entire study was 2107 with parents who had anxiety / stress

that has a child with autism spectrum disorder. Interventions used in all studies are intervention parenting support programs With an average duration of therapy for 3 weeks with a mean follow-up of 12 months. Of all the research most use the same measuring tool that is: *Parental Stress Index (PSI)*, *Parenting sense of efficacy*, *ECBI- IS Intensity Scale" (IS)* and the *ECBI-Problem Scale" (PS)*, *Parenting Sense of Competence Scale (PSOC)* dan *Aparenting efficacy subscale(PSOC-Efficacy)*

3.2 Post-treatment Effect

Significant effects were found statistically from psychiatric support parenting for post-intervention outcomes to follow-up. Significant results were found in the provision of psychiatric support parenting through counseling media researchers accompanied by certified therapists

4.DISCUSSION

Review of several studies indicates that the application of psychiatric parenting support to reduce stress and anxiety in the elderly, parenting shows significant results on pre and post outcome is *Parental Stress Index (PSI)*, *Parenting sense of efficacy*, *ECBI- IS Intensity Scale" (IS)* and the *ECBI-Problem Scale" (PS)*, *Parenting Sense of Competence Scale (PSOC)* and *Aparenting efficacy subscale (PSOC-Efficacy)*. The results indicate parenting influence on the parents and the changes in stress levels, depression and anxiety.

Parenting support and parent education programs for parents with autistic children consistently show positive outcomes for both parents and children. For parents, parenting support programs have a direct impact on knowledge, skills, and performance and the side effects of decline stress and marital conflict and bring a positive effect on the parents (Kuravackel *et al.*, 2017)

Most parenting program interventions have been designed to teach deep parents implement specific strategies that focus on support and children. Several studies have evaluated parenting parenting program training interventions, where interventions are designed primarily for the benefit of parents in focusing on children with autism spectrum disorder (Hemdi and Daley, 2017)

Some parenting programs for parents (PT) have been developed to teach new skills, overcome skill

deficits, or reduce behaviors that interfere with children with ASD, Studies of PT for children with ASD and disruptive behavior have shown a decline in children with behavioral disorders (Iadarola *et al.*, 2017).

Child parenting strategies that have children with ASD, parenting programs can affect children, children tend to be more controlled than that parenting programs linked to parenting styles and outcomes in child health care develop the "beginning" of the model between parental involvement in child health care. (Whittingham *et al.*, 2009a).

Psychoeducation programs specific parenting support, involving parents. This program was developed to address specific problems in ASD children, aimed at improving social behavior and language improvements, as well as to reduce inappropriate behavior, once the giving by the therapist produces better results for Autism children by following up than clinical treatment (Whittingham *et al.*, 2009b)

In addition the latest program, Co-parenting refers to how parents relate to one another specifically in their role as parents. Co-parenting positives are generally considered to include reciprocal involvement, and consistent support among caregivers. This concept has been studied mainly in families with children who typically develop co-parenting begin to apply to parents with ASD children work with each other in parenting (Thullen and Bonsall, 2017)

Other parenting programs such as CBT CBT programs can affect and lower anxiety parents, and can make support for parents and can control positively, controlling anxiety and stress in the elderly can affect the improvement in caring for children with autism spectrum disorder. Parents also report that involvement in the care of children can help them feel more competent in helping their child (Maughan and Weiss, 2017)

4.1 Implications

The results of various research reviews can be implicated in the realm of mental nursing. Which psychoeducation parenting support can be a consideration and development of therapy that can be used by specialist ners. The existence of parenting with various types of therapy can be an innovation in nursing orders, especially nursing soul. But in its application in Indonesia needs to be further

research by adjusting the characteristics of existing clients in Indonesia.

5 CONCLUSION

Research has shown that parental psychoeducation support has an effect which is significant to changes in parenting, and stress in mother have children with autism spectrum disorder that is given by the therapist. This can be used as a reference for further research that is tailored to the criteria of parents who experience stress when giving parenting in children with autism spectrum disorder in Indonesia

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